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Naval Service Medical News (NSMN) (96-15)

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HEADLINE: OB/GYN Clinic Takes Wellness To Deckplates

USNH Roosevelt Roads, Puerto Rico (NSMN) -- The OB/GYN clinic at U.S. Naval Hospital Roosevelt Roads has recently initiated a new program that brings wellness classes to the active duty population at Naval Station tenant commands. The intent of this program, begun last month, is to ensure the wellness of all personnel stationed on board Roosevelt Roads.

VC-8 and Surface Operations are two tenant commands that have already invited OB/GYN personnel to provide on-site wellness classes. Education is the key to preventing possible health problems. The OB/GYN clinic can provide classes on women's health issues, contraceptive options, protecting against sexually transmitted diseases, exercise and nutrition, which can be used to meet General Military Training requirements for tenant commands.

In addition, the OB/GYN clinic continues to host the Healthy Baby/Healthy Pregnancy classes, which are comprehensive child birth education classes open to all prospective parents. Over the last two years, this program has supported more than 250 pregnant mothers and almost 200 fathers and support persons. Topics included are "Labor and Delivery," "Choices and Variations in Birthing," "Infant Health and Safety," and "Bringing Baby Home from the Hospital."

Educational classes aside, the OB/GYN clinic is one of the busiest clinics within the hospital. On average, more than 600 patients are seen monthly. Despite this high volume of patients to care for, the OB/GYN clinic staff has been acclaimed as a

highly efficient organization.

In November of 1995, the Medical Inspector General recognized the OB/GYN clinic's pap smear tracking process as one of the finest in the Navy. The process was passed on to other Naval commands to improve other tracking systems.
Story by LT Perry Gehrmann, MSC, U.S. Naval Hospital Roosevelt Roads

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HEADLINE: Many Prescriptions Now Available in 90-Day Supplies
BUMED Washington (NSMN) -- Many individuals take the same medications for extended periods of time for the treatment of chronic medical conditions. In the past, military medical treatment facility (MTF) pharmacies often provided only 30-day supplies of such drugs. MTF pharmacies are now authorized to provide up to 90-day supplies of maintenance medications.

If you have a chronic medical condition such as high blood pressure which requires use of the same drug every day, ask your health care provider to prescribe a 90-day supply of your medication. Your MTF pharmacy will then dispense this quantity. Providing 90-day supplies of maintenance medications not only reduces the number of visits you must make to the MTF for refills, it also improves the efficiency of the pharmacy by reducing handling costs and pharmacy workload.

There are some situations, of course, which make dispensing of 90-day supplies of drugs inappropriate. If you are just starting on a new medication, your physician will probably want to make sure the drug is right for you before giving you a three-month supply. Or if your condition does not ordinarily require treatment for 90 days, a three-month supply would not be warranted. There may be other reasons why your physician may not feel comfortable giving you a 90-day supply. But a three-month supply will be appropriate for many medications.

The pharmacists at your local MTF can answer any questions you have about maintenance medications.

Story by CDR Patricia L. Buss, MC, Bureau of Medicine and Surgery
-USN-

HEADLINE: Are You Ready for the Camp Pendleton Olympics?

NSDAT San Diego (NSMN) -- The Olympics are coming and athletes around the world are in training. Navy Corpsmen and Dental Technicians are in training too; their Olympics will be held in June at Camp Pendleton, CA.

The HM/DT Olympics is an annual competitive event held in Southern California that tests the battlefield skills of Hospital Corpsmen and Dental Technicians in five team events: stretcher bearer obstacle course, field casualty treatment/triage, tent setup and strikedown, CPR and a written exam. Historically, this event has served to enhance the battlefield skills of participants and to foster a spirit of camaraderie among the various ashore, afloat, FMF and SeaBee medical and dental personnel.

This year's HM/DT Olympics are being sponsored by the Naval School of Dental Assisting and Technology in San Diego, which won

the 1995 HM/DT Olympics. "The winners get to organize the next one," explained DT1 Gregory Storch. It's been a hectic but rewarding couple of years for Storch. In addition to being on the team that took Olympic gold, he was NSDAT's 1995 Sailor of the Year and was recently selected as the BUMED Sailor of the Year. In the midst of coordinating this year's Olympics, Storch will travel to Washington to represent BUMED in the Chief of Naval Operations' Shore Sailor of the Year competition.

NSDAT began collecting entry fees this week, as well as distributing the revised "1996 Rule Book and Sample Test Questions." So get your teams together and start practicing. The last call for entries is 24 May.

For more information, contact Storch or DTCM William Murray at (619) 556-8223, DSN 526-8223.

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HEADLINE: Hospital Corps a Diverse Cadre of Professionals

NNMC Bethesda, MD (NSMN) -- Hospital Corpsman ... member of the Hospital Corps. That means that all Hospital Corpsmen work in hospitals, right? They all provide direct patient care to bandaged Sailors and Marines lying in Navy hospital inpatient wards, right?

Wrong.

Anyone familiar with the hundreds of facts of the Hospital Corpsman will tell you that the field is as diverse as the Navy itself. Many methods and locations of health care combine to provide the comprehensive umbrella of healing and prevention that keeps the world's greatest Navy afloat and operating 24 hours a day, seven days a week, 52 weeks a year.

Ask the next corpsman you talk to about the last billet he or she filled and chances are it was quite different from what he or she is doing now. Some very specialized skills will keep a corpsman in the same area, but on the average they are an adaptable lot.

In the fleet, on the battlefields and in hospitals around the world, corpsmen work to keep their shipmates healthy and strong to accomplish their mission of projecting naval power "forward ... from the sea" in the interests of the United States. Story by JO2 Roy DeCoster, National Naval Medical Center Bethesda
EDITORS NOTE: Watch for articles describing different aspects of the Navy Hospital Corps in future issues of the Naval Service Medical News.

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HEADLINE: Professional Group Advances Navy Medical Administrators

NAVHOSP Jacksonville, FL (NSMN) -- Two enlisted staff members at Naval Hospital Jacksonville were among those recognized at last month's American College of Healthcare Executives (ACHE) Conference.

ACHE is one of many professional organizations that Navy Medical Department personnel join and excel in. Mostly, those personnel are officers. Naval Hospital Jacksonville this year had the distinction of having two highly qualified corpsmen each earn Associate status in ACHE. They join a minority in the

group, as there are only 24 Navy enlisted people in ACHE.

HM1 Reginald Brown, the administrative assistant for Operational Medicine, and HM3 Taylor Bowles, a management analyst in the Managed Care Department, were both advanced to the status of Associate at the recent ACHE Conference. Associates must demonstrate their educational preparation and commitment to health care by completing an extensive application process.

"This is a quality organization," said Brown. "It exemplifies professionalism and educational commitment. ... The program needs more enlisted folks that meet the requirements. They should definitely apply if they're considering a commission as a Medical Service Corps Officer." Brown has applied for a commission and should have the results soon. "My goal is to become a Medical Service Corps Officer and continue my advancement in the organization," said Brown. "Going to the conference really got us pumped and made us feel as though all our hard work is not in vain." Shortly after the conference, Brown got more evidence his work was not in vain -- he was selected for commissioning in the Medical Service Corps through the Navy's Inservice Procurement Program.

Bowles was the most junior person at the conference to be advanced to the status of Associate. His goal, too, is to be commissioned in the Medical Service Corps. Last May, he graduated with a Master's Degree in Health Care Administration, and had every intention of joining ACHE when it was introduced to him by his professor at Southern Illinois University.

"HM3 Bowles is obviously starting at a very early time in his career to ensure that he's going to be one of our future leaders," said Bowles commanding officer, CAPT Milt Benson.

"The conference gave me an opportunity to broaden my strategies with the latest thinking and developments of health care administration," said Bowles. "It was a great educational experience and allowed me to meet health care executives from both military and civilian settings."

At the March ACHE Conference, Naval Hospital Jacksonville's comptroller, LCDR Connie McDonald, MSC, was advanced to the status of Diplomat. This is achieved by meeting all the requirements and passing an extensive written and oral examination.

The ACHE is an association for health care administrators, with about 30,000 active members, that promotes ethical standards and conduct in health care. There are three levels of membership in the society: Associate status, the first level of professional achievement; Diplomat status; and the highest level, Fellow status.

Story by HM2 Terresa White, Naval Hospital Jacksonville

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HEADLINE: USUHS Selects Corpsman for Clinical Psychology Program

NNMC Bethesda, MD (NSMN) -- HM3 Jeffrey Cook has only a bachelor's degree, but he is on his way to becoming an officer and earning a PhD in psychology. Cook is the first enlisted service member to be accepted for the Medical Clinical Psychology PhD program at the Uniformed Services University of the Health

Sciences in Bethesda.

In the past three years, USUHS has picked one service member from every service to be a student in this program. Usually a candidate for this program needs a master's degree, but one corpsman has changed that precedent.

A USUHS medical and clinical psychology staff member, Lorelei Paterson, described Cook as an exceptional candidate who interviewed very well. Also, his GPA and graduate records exam scores were among the highest of the applicants.

Cook is a psychiatry tech and the senior corpsman of Tri-stop at NNMCMC, where he has been stationed for four years.

This was the second year he had applied for the program. "Last year when I applied I came in as a runner-up," said Cook. In order to get considered for this program there are tests, letters of recommendation and interviews to go through. With perseverance, a lot of hard work and the continued support of his coworkers, wife and family, he was selected.

"Captain (Joan) Huber (NC) helped me put my package together," said Cook, praising the support of NNMCMC nurses, doctors and others who helped him achieve his goal.
Story by JOSA Jerome A. Pollos, National Naval Medical Center
Bethesda

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HEADLINE: USUHS Student Receives AOA Award for Research

USUHS Bethesda, MD (NSMN) -- A first-year medical student at the Uniformed Services University of the Health Sciences in Bethesda received one of 35 national research awards from Alpha Omega Alpha. ENS Hugh Dainer was graduated from the U.S. Naval Academy in 1995 with a Bachelor's in chemistry. The \$3,000 AOA research grant will be used for a focus on regenerating nerves, nerve growth factors and methods of delivery.

In a congratulatory note to Dainer, Navy Surgeon General VADM Harold M. Koenig, MC, noted that "the competition for these grants is extremely keen, and this recognition reflects great credit on you, USUHS and the Navy. I am proud of you."

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HEADLINE: Hasting is 1995 Materiel Manager of the Year

FISC Norfolk, VA (NSMN) -- LCDR Stephen Hasting, MSC, is the Fleet and Industrial Supply Center Norfolk's medical representative in the Customer Operations Department. He is also the 1995 Naval Medical Logistics Command Materiel Manager of the Year. RADM H. Edward Phillips, MSC, director of the Medical Service Corps and an Assistant Chief at the Bureau of Medicine and Surgery, presented the award to Hasting at the recent Medical Logistics Conference.

Hasting is the single point of contact concerning medical supply issues for all Fleet and Industrial Supply Center/Defense Distribution Depot customers. He is responsible for a broad range of customer services for the medical and dental treatment facilities in Iceland, Europe, the Near East, the Caribbean, and the 116 ships homeported in Norfolk.

-USN-

HEADLINE: Camp Lejeune Praised for Excellence in Health Promotion
NAVHOSP Camp Lejeune, NC (NSMN) -- The Navy Environmental Health Center recently presented Naval Hospital Camp Lejeune with its first annual "Command Excellence In Health Promotion Award."

The hospital won in the category for large facilities with a beneficiary catchment population over 75,000. The Health Promotion Department represented the hospital by presenting an impressive portfolio of all program services to the award committee. Committee members were briefed on the hospital's diverse and unique services, including staff health and wellness programs, Civilian Matching Time Program, Sports Medicine Trainers Workshops, Health Promotion Wellness Classes, Putting Prevention into Practice, Healthwise, Community Awareness Programs, and a host of others.

Naval Hospital Camp Lejeune's total commitment to teamwork and esprit de corps throughout the Camp Lejeune complex is what health promotion is all about. For more information about Camp Lejeune's winning Health Promotion program, contact Ms. Genice Beightol at (910) 451-3712.

-USN-

HEADLINE: NMC Staffer's Son Selected as Olympic Torchbearer

NMC San Diego (NSMN) -- Justin Brant, 15-year-old son of Chief Warrant Officer Steven Hill Brant, who works in the Post Anesthesia Care Unit at Naval Medical Center San Diego, has been selected as one of the 1996 Olympic Torchbearers.

The announcement was made recently by RADM Fran Holian at the San Diego Hall of Champions in Balboa Park. Holian, Commander, Training Command, U.S. Pacific Fleet, is the chairman of the Torchbearer Selection Panel.

"Ten thousand torchbearers will have the opportunity to carry the Olympic flame across the nation," said Holian, "and 75 of them will be from San Diego and Imperial Counties here in Southern California." The flame will arrive in San Diego 28 April.

Holian went on to say that there had been 700 qualified applicants for the 75 available slots. "Using the judging process prescribed by the Atlanta Committee for the Olympic Games, the panel of judges had an extremely difficult time narrowing the field," he said.

Justin was selected in the Community Hero category for his unselfish devotion in caring for his younger brother, Greg, who was stricken with leukemia in 1991.

"Both of my boys are home schooled," Brant explained. "Justin helped Greg keep up with his school work and motivated him to continue even when the chemotherapy was making him miserable.

"He became more than a brother. He became Greg's best friend. They played video games together, watched hockey games, and began a hockey card collection that numbers in the thousands now. Justin just would not give up and he wouldn't let Greg give up either," Brant said.

"Justin and his needs took a backseat during Greg's

illness," he said. "The family's attention was focused on Greg. Another child might have resented being shut out, but Justin spent all of his time taking care of his brother. He became Greg's eyes, ears and even legs when the chemotherapy made it difficult for Greg to walk."

Naming Justin an official Torchbearer, Holian summed up his heroic deeds succinctly, saying, "Justin carried the torch of hope for Greg and will now carry the Olympic Torch on behalf of children everywhere."

This story has a double happy ending Brant advised, "Justin has been named Olympic Torchbearer and Greg is now in good health and plays team hockey as a goalie."

Story by Ms. Pat Kelly, Naval Medical Center San Diego

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HEADLINE: Navy Physician is Surgical Team Member in Vietnam

NAVHOSP Newport, RI (NSMN) -- CDR Glenn Bacon, MC, is an anesthesiologist stationed at Naval Hospital Newport with an impressive record of humanitarian service.

Recently, his relationship with the Norfolk, VA, based Operation Smiles took him to Ho Chi Min City, Vietnam, as part of microsurgical team that provided plastic reconstructive surgery for children and adults. The eight-member team, which included CDR Vance Gainor, NC, from National Naval Medical Center Bethesda, MD, performed numerous surgical cases their two weeks at the Center for Traumatology and Orthopedics.

Bacon said that both the host medical staff and the visitors benefited from the trip. While the team provided training in new techniques, they also were "provided with a unique training opportunity to practice under surgical conditions, often austere, that relied heavily on clinical skills rather than by the abundance of technology found in the United States," he explained. "The anesthesiologists (used) equipment that would not normally be seen, except as a 'back-up' in a war-time setting."

Bacon has participated in several Operation Smiles that provided plastic surgery and medical education to medical facilities around the world. Besides the most recent mission to Vietnam, he has been part of earlier teams that traveled to Bucharest, Romania, St. Petersburg, Russia and Kiarov, Russia.

Story by LTJG C.J. O'Donnell, MSC, USNR, Naval Hospital Newport

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HEADLINE: Springtime Brings Out Health Fair at Navy Yard

NDW Washington (NSMN) -- The Washington Navy Yard Branch Medical Clinic is hosting its 1996 Health Fair on 1 and 2 May. The theme for this year's fair is "Spring into Health."

The two-day event, from 0900 to 1700 both days, will kick off National Fitness Month for Naval District Washington (NDW) and will feature a number of health evaluations, displays, presentations, and training sessions from medical professionals throughout the metropolitan area.

Local DOD employees, military members and their families are invited to come learn, experience and participate in ways to

improve health and fitness.

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HEADLINE: CHAMPUS Round-up

OCHAMPUS Aurora, CO (NSMN) -- Here are some important reminders from CHAMPUS, the Civilian Health and Medical Program of the Uniformed Services. If you have questions about these issues or any other aspect of your coverage, talk to the Health Benefits Advisor (HBA) at your local military medical treatment facility.

-- File your CHAMPUS/TRICARE claims as soon as you can. For outpatient care, the claim must be received by your state's or region's CHAMPUS/TRICARE claims processor within one year from the date you received the service. For inpatient care, the claim must be received by the claims processor within one year from the date of the patient's discharge from the medical facility.

-- If a TRICARE Prime enrollee is referred by a Prime network provider to a provider who isn't part of the TRICARE network, costs associated with this type of referral will be applied to the \$3,000 "catastrophic" cap on medical expenses for enrollees in TRICARE Prime.

-- In response to recommendations of the U.S. General Accounting Office, which studied the quality and cost-effectiveness of mental health care services under CHAMPUS/TRICARE, quite a few changes were made in quality-of-care standards and reimbursement methods in 1995. Be sure to discuss coverage with your HBA before obtaining treatment.

-- Providers of care who want to be certified as marriage and family therapists under CHAMPUS/TRICARE must sign a participation agreement with the CHAMPUS/TRICARE contractor for the state in which they practice. Without a participation agreement, CHAMPUS/TRICARE will not share the cost of services they provide.

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HEADLINE: TRICARE Questions and Answers

BUMED Washington (NSMN) -- As TRICARE comes on line across the country, beginning last year and expected to be available throughout the United States by May 1997, questions about this Department of Defense managed health care program come up. Each week, the Naval Service Medical News will include "TRICARE Questions and Answers" to answer them.

* * * * CORRECTION TO PREVIOUSLY PUBLISHED TRICARE Q&A * * * *

Q: Does the enrollment fee have to be paid all at once or can it be a payroll deduction or other installment method?

A: Under current DOD policy, families or individuals who want to join Prime, but do not wish to pay all of the enrollment fee in a single payment, may elect to pay their enrollment fee on a quarterly basis. The quarterly payment for an individual enrollment will be \$57.50 and family enrollment will be \$115. Payment will be due the first of the month, every three months.

(The answer in NSMN 96-13 included the statement: "A small processing fee of \$5 per installment will be charged to cover the additional administrative expenses." A Congressional bill passed in March permanently waived this fee.)

If you have questions about TRICARE you'd like answered in this column, please contact the editor (see last paragraph of this message on ways to do so).

-USN-

HEADLINE: HEALTHWATCH: Protect Your Child from Sexual Abuse

USNH Yokosuka, Japan (NSMN) -- How can we protect our children from the most terrifying form of child abuse? Child sexual abuse is one of a parent's worst nightmares. We can't supervise our children 24 hours a day, seven days a week, to ensure their safety, nor would this be developmentally appropriate as they grow older. So, what can we do? We can be informed, and we can inform our children. Knowledge is power.

First and foremost, we have to acknowledge that sexual abuse is prevalent in our society. Some estimates are as high as one in three girls and one in five boys will be sexually molested in their lifetime. Sexual abuse happens in all socioeconomic strata, in all cultures and within every ethnic grouping.

The person most likely to sexually abuse your child is someone you and your child know and trust. Most sexual abusers "groom" children before perpetrating abuse, by picking out the child's weaknesses and capitalizing upon them. The inappropriate behavior is then posed as a special game, a shared secret, teaching about bodies or some other manipulation.

Most children who are sexually abused experience feelings of guilt, shame and fearfulness of what the repercussions of telling would be. This is what makes sexual abuse so insidious.

Second, we need to have open communication with our children about their right to their own bodies, and what to do if someone tries to touch them inappropriately. We want our children to know they can confide in us and that we will respond appropriately.

As our children mature, we need to teach them about sexuality and their growing bodies, as well as what they may encounter in the world. Sadly, we must rethink how safe our children really are and be aware it can happen to any child, even ours. Some resources that may be helpful in your arming yourself and your children with information are the National Resource Center on Child Sexual Abuse, 107 Lincoln St., Huntsville, AL 35801, (205) 534-6868; and Believe The Children, P.O. Box 797, Cary, IL 60013, (708) 515-5432.

April is Child Abuse Prevention and Awareness Month. Make sure your children are aware of their rights and risks. Story by Ms. Maxine Trent, Counselor, Family Service Center Yokosuka, submitted by U.S. Naval Hospital Yokosuka

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